

Peak Performance Vision

Make your vision come to life by including descriptions that cover your 5 senses. While doing the exercise from chapter one and thinking about your Peak Performance, answer the following:

What did you see?	
What did you hear?	
What did you smell?	
What did you taste?	
What did you feel?	

Describe your thoughts and feelings before your performance:

Describe your thoughts and feelings during your performance:

Describe your thoughts and feelings after your performance: